

Cannabis Effects on Adults and Seniors

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Cannabis use reduces intelligence

Middle age cannabis users with at least weekly cannabis use showed a mean 5.5-point IQ decline compared to their childhood IQ and smaller hippocampal volume. Researchers are uncertain if cannabis users show elevated rates of dementia in later life. (Meier et. al, Am. J. of Psychiatry 2022)

State-regulated cannabis is **not** prescription medication

Cannabis legalized by the state of Minnesota is not regulated by the FDA under pharmaceutical standards. As a result, cannabis manufacturers do not have to prove through clinical trials in humans that cannabis is safe, effective, or whether it will interact with prescription medications or worsen co-morbid conditions. State-regulated cannabis has not been proven to prevent, treat or cure any disease.

Cannabis use can impair driving for 8+ hours

People who consume cannabis edibles should not drive for 8 hours after use. Longer waiting periods may be required if cannabis edibles are eaten with a high fat, high calorie meal (such as burgers and fries). (Schlitz et. al. Drug Alcohol Depend. 2020). Vaporized cannabis also impairs driving for extended periods of time. (Spindle et al. J Psychopharmacol. 2021)

Cannabis negatively impacts health and increases risk for falls

Cannabis adversely affects most organ systems in the body. The most common adverse effects are respiratory symptoms, alterations in blood pressure, dizziness, nausea, sedation, intoxication, cognitive disturbance, and interaction with prescription drugs. Cannabis' neurocognitive side effects increase the risk of falling in older adults. (Khoury et al, Clinics in Geriatric Medicine, 2022)

Cannabis use is associated with psychosis and depression

The association between cannabis use frequency and cannabis use disorder with psychosis and depression is consistent across all age groups. (Leadbeater et.al. Addiction 2019)

Cannabis use may cause addiction

Near daily use of cannabis over an extended period of time, regardless of dose leads to addiction in up to 50% of users. (Callaghan et. al. Drug and Alcohol Dependence 2020)

